Energy Balance

Name: Tracey Ho **Date: 11/23/20**

Intake vs. Expenditure (3 marks)

	Average Intake	Average Expenditure	Intake as % of Expenditure	Assessment of Adequacy (A, I, or E)	Justification
Energy (kcal)	1312	366	358%	A	My BMI is 20.9 and there is no changes to my health recently.

Implications for Health & Suggestions for Improvement (10 marks)

Discuss the potential effects of your current energy intake and energy expenditure patterns on your present and future health (include health benefits and health risks/complications/diseases. Be specific and justify your response. (**3 marks**)
My average intake is higher than my average expenditure because I eat more calories in a burn off. This could cause weight gain overtime.

Describe 1 change you could make to your **energy intake** to improve your energy balance (e.g. what specific foods, including amounts of those foods, might you exchange in your diet). Calculate your new average energy intake. (**2 marks**)	Describe 1 change you could make to your **energy expenditure** to improve your energy balance (e.g. what specific activities might you add/remove). Calculate your new average energy expenditure. (**2 marks**)
• Eat whole fruits, orange, apple • Eat more vegetables • Before eating, check food labels so I can see calories, fat, sodium, sugar • Eat healthy • Stop eating junk foods New average energy intake: 1093	• Do regular exercise daily 15-30 mins walk • Go for a hike New Average energy expenditure: 666

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Calculate your new energy balance based on the above changes (energy intake as % of energy expenditure) (**1 mark**)	164%

Discuss the potential impacts these changes will have on your health. (**2 marks**)
These potential changes would have a positive impact on my health. If I were to eating more vegetables, I would get more nutrients. Daily exercise would help me lose weight, taking a break, fresh air, build muscle, and decrease heart disease and diabetes or eating disorder.

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Sedentary Behaviour (7 marks)

Calculate the average time you spend in sedentary activities and your average awake time using the information recorded in your Activity Journal from Part 1 of the Diet Analysis. (**2 marks**)

	Sedentary Time	**Awake Time**
Day 1	11.74	16.99
Day 2	10.75	12.75
Day 3	8.52	12.52
Average	10.3	14.0i

Calculate the percentage of awake time that you spend in sedentary activities based on the above values. (**1 mark**)
I spent 73% of my awake time in sitting activities.

Discuss the potential effects of your current sedentary behaviour on your present and future health (include health benefits and health risks/complications/diseases). Be specific and justify your response. (**2 marks**)
My sitting time is higher than usual and this can impact my health because we need at least 30 mins of exercise each day. Increased sitting time could negatively impact your mental health and motivation. We need movement every day because it good for our health, strength and decrease change of heart disease, diabetes and other illnesses.

Describe 1 change you could make to your **sedentary behaviour** to improve your health (e.g. what specific activities might you add/remove). Discuss the potential impact of this change on your health. (**2 marks**)
Do exercise daily (walking for 15-30 mins). Walking can burn energy, strengthen muscle and bring up heart rate so that I won't gain weight, stronger legs and better heart rate. When I eat in a restaurant, I should check and order healthier foods like vegetables, salads and not big burger.

Overall Reflection (16 marks)

Based on your overall personal nutrition and physical activity habits and what you have learned through this assignment, assign your overall diet a letter grade (e.g. B+). Consider the nutritional adequacy of your diet as well as variety of your food choices, when and how you eat, your relationship with food, and any other relevant behavioural patterns. Explain why you chose this letter grade, discussing the strengths and weaknesses of your personal nutrition and physical activity habits. Be detailed and use specific examples to support your argument.
I learn to eat more healthier like eating more whole fruit, nuts, and vegetable with plenty of water daily and I should also read the food labels so that I know what I'm eating. I should do exercises daily to keep my body in good shape, try not to gain too much weight. I also need to set up a schedule for my meals, like morning breakfast, lunch and dinner. Try not to skip meals. I grade my overall diet "B" because it is not too good and not too bad.